

The Journal

No. 19 May 11, 2017 Vol. 29 www.dcmilitary.com/journal/ Trauma Surgeon to Receive International Award Photo courtesy Dr. Mark Bowye



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Hypothetical Hurricane "Brady" to Test NSAB Readiness

By Andrew Damstedt The Journal

To prepare for hurricane season, Naval Support Activity Bethesda (NSAB) is participating in an annual exercise to test the installation's readiness should the base be affected by a hurricane.

This year's hypothetical hurricane, named "Brady," will make landfall in North Carolina and the storm will later hit Naval District Washington. Hurrex/Citadel Gale 2017 goes from May 8 to May 19 and NSAB will prepare for the hurricane the same as if an actual hurricane was predicted to hit the installation.

"Hurrex is preparation for the hurricane season, June through November," said Les Hiatt, NSAB Deputy Emergency Manager. "It helps prepare us for any upcoming hurricanes that might move into our area."

On one of the days, the installation will respond as if there were heavy flooding affecting some of the buildings.

That means the Emergency Operations Center will be activated and the Everbridge and Giant Voice system and other mass notification systems will be tested. Each tenant command has a checklist to make sure they know NSAB's Destructive Weather Plan and their responsibilities during such an event.

A simulation mobilizing the Emergency Family Assistance Center (EFAC) also will take place on one day during the two week period. The EFAC helps make ensure the military community has their needs taken care after an emergency.

Hurrex/Citadel Gale 2017 coincides with Hurricane Preparedness Week, May 7-14, which the National Oceanic and Atmospheric Administration use to promote readiness for tropical storms and hurricanes. There are daily tips found online at www.weather.gov/wrn/hurricane-preparedness, such as how to develop an evacuation plan, assembling disaster supplies, and writing a hurricane plan.

Hiatt said it's a good idea for people to go over their disaster supplies go-kit, which includes bottled water and a three-tofive day supply of non-perishable food, first aid kit, cash, and

Accountability Programs

Navy Family Accountability and Assessment https://navyfamily.navy.mil

U.S. Army Disaster Personnel Accountability and Assessment System

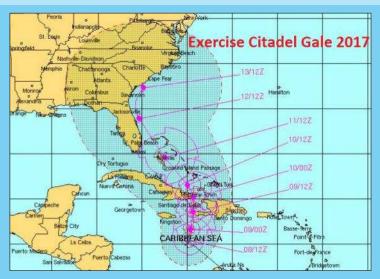
https://adpaas.army.mil/cas/login;

Air Force Personnel Accountability and Assessment System

https://afpaas.af.mil/cas/login

Coast Guard Personnel Accountability and Assessment System

https://cgpaas.uscg.mil/cas/login.



any important documents.

For more information on creating a go-kit, visit www.ready.gov/hurricane-toolkit or www.ready.navy.mil.

While hurricane season is from June to November, hurricanes can form anytime as seen by last year's Hurricane Alex in January. This year's hurricane forecast is predicted to have a slightly below average activity predicting 11 names storms, according to Colorado State University's hurricane season forecast. An average season for the Atlantic is 12 named storms.

"Coastal residents are reminded that it only takes one hurricane making landfall to make it an active season for them and they need to prepare the same for every season, regardless of how much activity is predicted," the CSU report states.

After a disaster, the Navy and Marines use the Navy Family Accountability and Assessment System (NFAAS) to determine the condition of Navy and Marine service members and their families and employees of Navy installations and their families. NFAAS is accessible online at https://navyfamily.navy.mil.

Other Armed Forces Personnel Accountability Systems can be found online at Army, https://adpaas.army.mil/cas/login; Air Force, https://afpaas.af.mil/cas/login; Coast Guard, https://cgpaas.uscg.mil/cas/login.

More resources can be found at www.ready.navy.mil.

Helpful phone numbers

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DON Civilians, Dependent's Helpline: 1-877-689-2722

Army Well-Being Division Helpline: 1-800-833-6622

Marine Corps Community Services Information and

Referral: 1-800-336-4663

Bethesda Notebook

Bike to Work Day

Naval Support Activity Bethesda is set to be a "pit stop" for Bike to Work Day May 19 from 6 a.m. to 9 a.m. at the helipad. To receive a free t-shirt, register at www.biketoworkmetrodc.org and select "Naval Support Activity Bethesda" as your pit stop. There will be light refreshments. This is a rain or shine event.

Pre-retirement Seminars

Two-day pre-retirement seminars, open Reed Walter National Military Medical Center's Department of Defense GS employees planning to retire within the next five years, are scheduled for June 6-7, July 26-27, and Aug. 22-23. Pre-registration is required. Registration forms are available on the National Capital Region, Medical Directorate MD website: http://www.capmed. mil/, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact dha. bethesda.wrnmmc.list. preretirement-seminar@ mail.mil.

Master Clinician Recognition

Walter Reed Bethesda's Master Clinician Recognition Program will be June 16 at noon in Memorial Auditorium. All staff members are invited. The program recognizes the medical center's master and associate master clinicians.

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lic Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

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Trauma Surgeon Dr. Mark Bowyer to Receive International Society of Surgery Robert Danis Award

By Sharon Holland USU External Affairs

Retired Air Force trauma surgeon, Mark W. Bowyer, M.D., has been named as the 2017 recipient of the Robert Danis Prize by the International Society of Surgery/Société Internationale de Chirurgie. The Robert Danis Prize is awarded to the surgeon who has made the most important and personal contributions to the fields of trauma, burns or critical care. Bowyer was selected for his life-long endeavors and "broad contributions to the field of trauma covering all aspects from basic and clinical science research to clinical application and futuristic planning," according to the Society's announcement.

Bowyer, the Ben Eiseman Professor of Surgery, and surgical director of Simulation in the Division of Trauma and Combat Surgery of the Uniformed Services University of the Health Sciences (USU)-Walter Reed National Military Medical Center (WRNMMC) Department of Surgery, spent more than 22 years as an Air Force trauma and combat surgeon. He has taught trauma skills to thousands of medical students and physicians around the world over the past three decades and is one of the principal architects of the Advanced Surgical Skills for Exposures in Trauma course that has been shared in more than 100 course sites in 11 countries in the last six years. Bowyer served as the Air Force's "trauma czar" while deployed to Iraq,

where he directed and coordinated all the care for combat trauma patients.

Bowyer is an active member of the American College of Surgeons, where he serves as chair of the Surgical Skills Committee of the Committee on Trauma and is actively involved in resident education. He also serves as the surgical director of USU's Val G. Hemming Simulation Center, where he has been on the forefront of adopting the use of surgical simulators as a replacement for animals in the teaching of advanced trauma and acute care surgical skills, and works to develop and validate augmented and virtual reality as well as trauma, laparoscopic, acute care surgical, triage and critical care-based simulators. Bowyer is currently working on simulation projects to improve patient safety.

"Dr. Bowyer has been at the forefront of surgical and trauma education for the past decade. Built on his experience as a military trauma surgeon and medical educator, he has introduced skills-based assessment into the lifecycle training of surgeons. This has already had a significant impact in saving lives both on and off the battlefield, and will transform surgical education at all levels," said Navy Capt. (Dr.) Eric Elster, professor and chair of the USU-Walter Reed Department of Surgery.

"I am humbled to accept this award on behalf of, and as a validation of the efforts of our team at USU and the entire Defense health care system, to ensure that the hard lessons learned from the care of combat casualties



PHOTO COURTESY DR. MARK BOWYER

Dr. Mark Bowyer was the 2017 recipient of the Robert Danis Prize by the International Society of Surgery/Société Internationale de Chirurgie. Here, Dr. Bowyer is pictured recently teaching a class in Thailand.

are not forgotten, and are used to better prepare surgeons around the world to care for all victims of trauma and conflict," said Bowyer.

Bowyer will be presented with the award at the Society's International Surgical Week in Basel, Switzerland, in August.

Poster Display Week Kicks Off Research and Innovation Month

By Bernard S. Little WRNMMC Command Communications

The Department of Research Programs at Walter Reed Bethesda kicked off Research and Innovation Month with Poster Display Week May 1-5. This week, DRP hosts its research symposiums focused on work to advance innovation and patient care.

Posters displayed last week in the medical center's Building 9 highlighted investigative efforts concerning evidence-based practice, quality improvement, and patient and family-centered care.

Research regarding evidence-based practice included clinical social work end-of-life surveying; clinical outcomes of open-globe injuries in the Defense and Veterans Eye Injury and Vision Registry; evidenced-based vision date to improve vision health, support military readiness, enhance education, and inform policy; evidenced-based practice improved project based on the updated guidance for the management of myocardial infraction/acute coronary syndrome; and other projects.

Quality improvement research involved investigation into fall prevention; rehabilitation of patients with visual field loss; low back pain management; improving the continuity of care in an outpatient pediatrics patient-centered medical home; decreasing medication errors by increasing patient and family involvement in medication administration; and other work by researchers from the medical center and their partners.

Patient and family-centered care research included: improving gout outcomes in the primary care setting; patient-family centered care in the ICU; application of a three-day, call-ahead appointment



WRNMMC PHOTO

Army Maj. (Dr.) Jason Reese presents his poster concerning guidance for the management of myocardial infarction/acute coronary syndrome to judges during the Department of Research Programs annual poster competition May 3 in Building 9.

reminder to decrease the no-show rate and increase patient satisfaction in an outpatient nutrition clinic; dietitians in the kitchen impact on cardiovascular disease; as well as other investigative efforts.

Posters earning blue ribbons in the various categories included: Outbreak of S Aureus Septic Arthritis following Intra-Articular Joint Injections: Infection-Prevention Interventions for Process Improvement; Successful Tofacitinib Therapy for a Soldier with Alopecia Universalis; Heterozygous mutation in FBN1 in a patient with disproportionate short stature, joint hypermobility, and skin laxity; and WRNMMC TeleAudiology Proof of Concept.

Walter Reed Bethesda's Patient and Family-Centered Care Committee is instrumental in

conducting the PFCC)poster contest, named in honored of Dr. Paul Florentino whose career took him from work as a Air Force flight surgeon to deputy commander of medical services at the former National Naval Medical Center, a predecessor of WRNMMC.

Florentino, a Brooklyn, New York native, helped guide the integration of NNMC and the former Walter Reed Army Medical Center to form WRNMMC, and he was a major contributor in shifting the paradigm of care from being primarily physician driven to physician, patient and family-centered, acknowledging the pivotal involvement of the patient and the patient's family in care. To continue his legacy, the PFCC poster competition is open to any WRNMMC department or team that initiates research, innovation, or process improvement to benefit patient and family-centered care.

Florentino died in 2011 and is buried in Arlington National Cemetery.

Lina Kubli, chair of the PFCC committee, explained the benefits of patient and family-centered care include an increase in the quality of care; greater trust between providers, patients and their families; and improved confidence in the overall health-care system resulting in better outcomes.

Army Col. (Dr.) Peter J. Weina, DRP director, has stated, "We have quality researchers [and] partnerships [at WRNMMC]. It's really not a right to be able to do research here with our nation's heroes; it's a privilege."

Army Col. Michael S. Heimall, WRNMMC director, has explained research advances the practice of medicine, which is a hallmark of the medical center. "Research is critically important to advancing our profession...," he added.

Melanoma Awareness Day Highlights Prevention, Early Detection

By Bernard S. Little WRNMMC Command Communications

Highlighting prevention, early detection, the latest research and treatment of the deadliest form of skin cancer, Walter Reed Bethesda's John P. Murtha Cancer Center of Excellence hosted the annual Melanoma Awareness Day seminar and skin cancer screenings May 4 during National Melanoma/Skin Cancer Awareness Month.

Army Col. (Dr.) Craig D. Shriver, director of the Murtha Cancer Center, explained cancer "is and should be," a concern for the military. He explained guidance from the Pentagon to the Murtha Cancer Center calls for "prevention, screening and detection" of cancer.

"Once a service member is diagnosed, determining treatment with minimal side effects while maximizing the treatment effect, and rehabilitating the service member," are also focuses of the cancer center, Shriver said.

He explained a cancer diagnosis impacts readiness, taking the service member "out of the fight for months if not a year or more," for treatment and rehabilitation.

"A cancer diagnosis in an active duty service member is in many ways akin to a trauma diagnosis," added Shriver, also a general surgeon who's treated injured warriors from blasts and gunshot wounds. "A cancer diagnosis is no less devastating to readiness," he added.

Dr. Janis Taube, a pathologist at the Johns Hopkins University School of Medicine, discussed opportunities for future development of immune markers for staging and prognosis of cancer, and Lt.



PHOTO BY BERNARD S. LITTLE

Navy Lt. Cmdr. (Dr.) Jennifer Naff, a dermatology resident at Walter Reed Bethesda, shares a personal story of her father's battle with melanoma during the Melanoma Awareness Day Seminar May 4 at the medical center.

Cmdr. (Dr.) Jessica Naff shared a personal story of how melanoma has impacted her family.

A Personal Story

"As a graduate student at the University of Michigan, I took a course on cancer epidemiology," said Naff, a dermatology resident at Walter Reed Reed. "My group was required to present a talk concerning skin cancer, and specifically, I was tasked with discussing the epidemiology of melanoma, the most deadly form of skin cancer.

"Fast forward to my first year of medical school in March 2008, I was walking to the gym and got a phone call from my mother who said, 'Your dad has melanoma and he's having surgery on Monday," Naff recalled. "He was 51 years old at the time.

"Almost immediately the statistics I shared with my cancer epidemiology class started twirling through my head," she continued. "One person dies of melanoma every 54 minutes. The five-year survival rate for patients whose melanoma is detected early is 98 percent. That numbers falls to 62 percent when the disease reaches the lymph nodes, and 18 percent when the disease metastasizes to distant organs.

"It turns out my father had a non-healing black spot on his right arm. It had apparently been there for quite some time. The pathology from his surgery showed that his melanoma was 6.5 millimeters deep, and they had found metastases in two out of the seven lymph nodes. He had Stage III Melanoma," Naff said.

She explained her father's treatment included surgery and interferon therapy, which worked for a while, but of over the next 18 months, he ended up having 12 surgeries and the cancer continued to spread. He was also put in a clinical trial for treatment.

"I was at Navy Officer Development School in April 2011 when I got an email from my mother informing me my dad's cancer had spread to his lungs," Naff said.

Five years ago this past February, Naff's father died. He was 55.

"During the four years my father battled melanoma, my brother was also diagnosed with melanoma. At age 24, he had his first melanoma," She added. "He's now 31 and has had three."

"So far, I've been pretty lucky," said Naff. "I get my full body skin exam. I wear sunscreen. I make efforts to protect myself while still enjoying outdoor activities that I love. Prevention is the key to my survival however my relationship with sun has forever changed."

See **MELANOMA**Page 5



Morale Welfare & Recreation (MWR)

5/13 8 am Luray Caverns Trip-Open to All \$40, Liberty Price \$20* Register in Ticket Office, Bldg. 2

7 pm Styx with special guest Eddie Money Concert Doors open at 5:30 pm-RAIN OR SHINE!

5/14 10 am-2 pm Mother's Day Champagne Brunch-Warrior Café, Bldg. 62, for reservations, call 301-400-0127 or see Café cashier.

5/18 11 am-2 pm BBQ on the Patio-Bldg. 62 Patio-Free Ice Cream with Entrée purchase!

5/19 11 am-2 pm Asian and Pacific Islander Luncheon-Warrior Café-Korean Ribs, Thai Curry Chicken, Pork Adobo and more!

5/20 8 am Philadelphia Trip-Open to All \$20, Liberty Price \$10* Register in Ticket Office, Bldg. 2

MARK YOUR CALENDARS

5/24 11 am-12 pm LUAU Lunch-Warrior Café, Bldg. 62 Aloha Hula Dancers, Music, Kalua Pork, Huli-Huli Chicken and more

6/9 11 am-4 pm Bretton Woods Country Club Golf Outing 18 holes, golf cart, post round meal, free future weekday round of golf Register by 6/8: nsabgolfjune2017.eventbrite.com

6/10 10 am Color Me 5K

Early bird pricing ends on May 26!

Register by 6/8: nsabcolorme5k2017.eventbrite.com

6/17 6-9 pm Daddy Daughter Dance, Bldg. 17 Gymnasium Register by 6/14: daddy-daughter-dance-2017 eventbrite.com

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MELANOMA

From Page 4

Naff said the point of her story is to emphasize melanoma is not "just skin cancer because melanoma invasive affects over 87,000 individuals and kills almost 10,000 people every year. The people who suffer from it may not have visible evidence of the disease. The scars are likely hidden.

"My dad never lost his hair and kept working and living a normal life," Naff explained. "When people came to his funeral, they commented they didn't even know he was sick.

"I'm grateful lifesaving research is being conducted on a daily basis and we're coming up with newer and newer cures for melanoma," Naff said.

"Melanoma is the cancer that made me want to become a dermatologist, and I can't help but think that if we would have caught this earlier, my father would still be alive today," she added.

Screening, Treatment
Dermatologists Drs.
Jennifer Stein and
Emanual Maverakis
discussed identifying
melanoma and
advancements in the
treatment of the disease,
respectively.

Stein, from New York University Langone Medical Center, explained all people should be screened for skin cancer at least annually, but especially those who are at higher risk for the disease. These individuals include those who are light skin, as well as adults aged 35 to 75 years of age who have blond or red hair; a personal history of melanoma or other skin cancers; a family history of melanoma in one or more family members; fair skin; many freckles; severely sun-damaged; skin; and a history of blistering or peeling sunburns and indoor tanning.

She encouraged providers to do full-body exams during screenings for the disease. "You have to take people's clothes off to find their melanomas. Don't let time and embarrassment stand in the way. Look them over from head to toe."

People are also encouraged to carefully check all of their skin once a month for skin cancer. Any changes in existing moles, freckles or spots should be reported to your doctor. If you see a suspicious spot, use the ABCDEs of early detection: A is for Asymmetry (one half of a mole or birthmark does not match the other half): B is for Border (the edges are irregular, crusty, notched blurred); C is for Color (the color is not the same all over and may include shades of brown or black. sometimes pink, red, white or blue); D is for Diameter (the spot is larger than ¼ inch, about the size of a pencil eraser, although melanomas can sometimes be smaller); and E is for Evolving (the mole is changing in size, shape, or color, or starts to bleed or scab).

Treatment of melanoma can include

surgery, adjuvant therapy, chemotherapy, immunotherapy and radiation therapy. Maverakis of the University Of California Davis Department Of

adjuvant Dermatology, explained otherapy, in recent years there has been a rise to a number therapy. of targeted therapies of the that are promising in treating melanoma.

For more information

concerning skin cancer, visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/cancer/skin/basic_info/prevention.htm.

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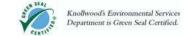




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